

How to Put More Money in Your Wallet



Do you want to save up to \$50.00 per month towards your Health Insurance Premium?

If you meet certain **health related goals**, you will qualify for a reduction in your health insurance premium **starting the summer of 2022**. This is a **voluntary health-contingent** wellness program.

GUIDELINES

Required to earn all pre-qualifying points

1. **MUST** complete a Wellness screening at Medical Analysis (MA) clinic OR personal care provider (PCP). *25 points*
2. Complete a follow-up visit to discuss your test results with Medical Analysis or your personal care provider. You **MUST** provide a copy of your results to Medical Analysis Clinic. This is a Know Your Numbers visit. *25 points*
3. Based upon results you may/may not have goals to achieve. If you have goals to achieve as determined by MA or your PCP. *25 points*
 - You **MUST** complete additional follow up visit(s) to be eligible for premium discount.
 - The visits must be completed by deadline date of 6/15/2022 or 10/17/2022.
 - If follow up visits are not needed, points will automatically be given for this activity.

Required to earn your additional activity points. Required to earn a minimum of 25 points

- Earn up to 20 points by responding to The City of Gulfport MS Wellness Team email you will receive at the beginning of January through October.
- Earn up to 30 points by completing 3 online educational seminars on your HClactive portal.
- Earn 10 points by completing the online Health Risk Assessment available on your HClactive portal.

If you haven't already registered under <https://hci.healthspace.net>, you must register by setting up a secure password in order to later access your information.

In order to qualify for the premium reduction you must complete the pre-qualifying activities to earn 75 points and achieve 25 points from the additional activities.

All program requirements must be completed no later than **June 15, 2022** to receive the discount, effective the second pay period in July or **October 17, 2022** to receive the discount, effective second pay period in November.

If you need additional information, please access the COG website/ Human Resources/ Workplace Wellness or call Human Resources at 228-868-5831